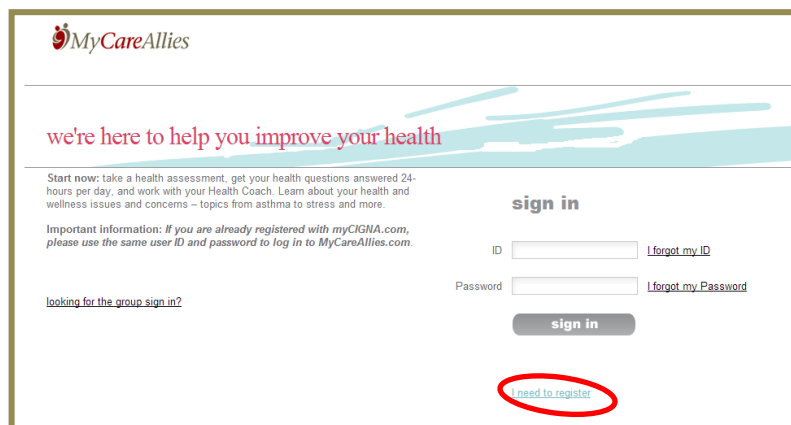


Follow 6 simple steps by March 22nd and earn \$100

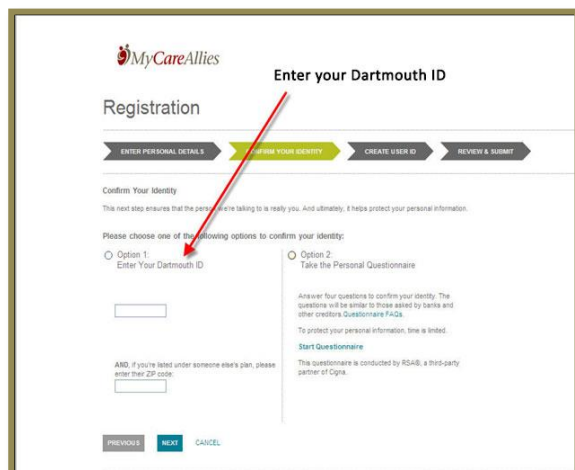
Step 1: Visit <https://dartmouth.mycareallies.com> and click "I need to register"



Tip: You must register on this website before taking your Health Assessment

****Remember, Dartmouth College will not see any of your personally identifiable health information.**

Step 2: Register

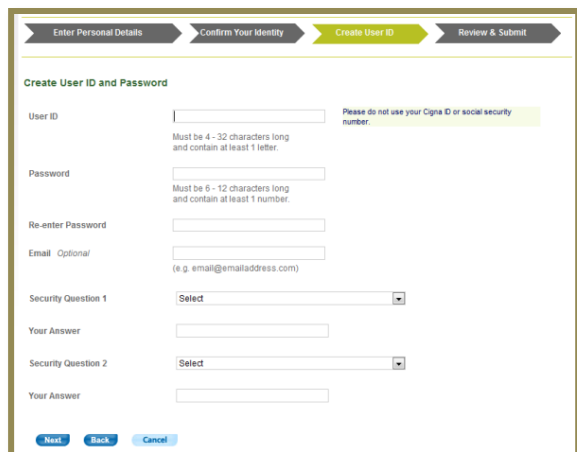


Tip: Have your Dartmouth ID available (please do not add 'D' in front of your ID number)

Tip: Your Dartmouth ID is listed as the DID number on the front of your ID card. It is seven characters long.

****If you have trouble locating your Dartmouth ID, call Human Resources at (603) 646-3411.**

Step 3: Create User ID and password



Sample user ID: Earn100dollars

Tip: Your User ID must be at least four characters long and should contain at least one number and one letter

Sample password: Good4you2

Tip: Your password must be at least six characters long and should contain at least one number and one letter

Step 4: Accept the User Agreement

Secured Site User Agreement

Use of the my health & wellness center site ("Secured Site") requires that you agree to the following terms and conditions by clicking on "I agree" and then "Continue" below.

Secured Site Provided by Cigna Corporation Subsidiaries
"Cigna" is a registered service mark of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its subsidiaries. Cigna Corporation is a holding company and is not an insurance or an operating company. Therefore, the My Health & Wellness Center web site ("Secured Site") is provided exclusively by Cigna Corporation subsidiaries and not by Cigna Corporation.

Links to Other Sites
While visiting the Secured Site, you may leave the Secured Site and access certain non-Cigna websites. Cigna does not review, control or endorse the content of non-Cigna websites, and therefore will not be responsible for their content or accuracy. Your access to non-Cigna websites is at your sole risk.

User Agreement Acceptance

☐ By checking this box and selecting 'Continue' below, you are agreeing to the terms and conditions above. If you do not agree to the terms and conditions, please select 'Cancel'.

[Continue](#) [Cancel](#)

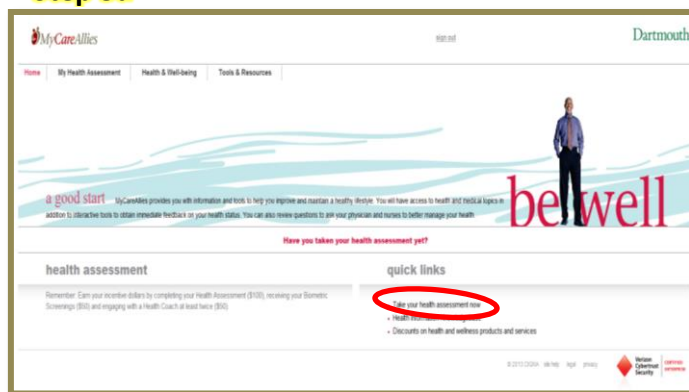
**Addressing some common concerns:

Completion of the Health Assessment will never:

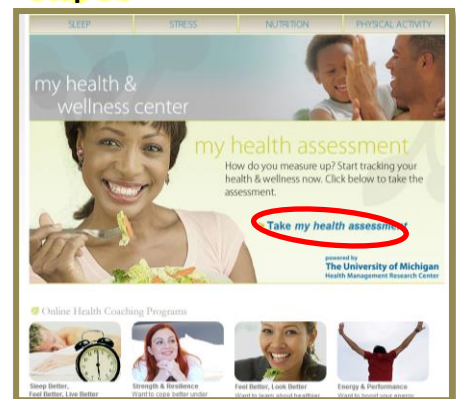
1. Affect your ability to get health insurance now or at any future date
2. Cause an increase in your insurance rate or cause your insurance to be canceled
3. Be used to determine whether a claim will be paid or denied

Step 5: Click "Take Your Health Assessment now" and begin!

Step 5a



Step 5b



Step 6: Confirmation of Completion

my health assessment powered by **The University of Michigan Health Management Research Center**

Confirmation

Thank you for completing my health assessment

Name:
Date: 01/02/2013 10:30 a.m. EST
Confirmation ID: 010213103022551-41AAAC35

First, please print or email a copy of this confirmation for your records.
[Print](#) [Email](#)

Next, please select the 'Continue' button to view your results.
[Continue](#)

[Legal Disclaimer](#) | [Privacy Statement](#) | [Contact Us](#) | © Cigna 2013

Tip: You can be sure that you've completely finished the Health Assessment when you see this confirmation screen

You're done! You will receive your \$100 incentive in your paycheck in approximately 2 pay cycles.

